

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-13-09)

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### A239 – TOMATO SAUCE, LOW-SODIUM, CANNED, #10

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A tomato sauce; may be lightly seasoned with salt and spices, and may contain nutritive sweetening ingredients, vinegar, onion, garlic, or other vegetable flavoring ingredients. This is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case.</li> <li>One #10 can AP yields about 106 oz (12<sup>2</sup>/<sub>3</sub> cups) tomato sauce and provides about 50.7 <sup>1</sup>/<sub>4</sub>-cup servings vegetable.</li> <li>CN Crediting: <sup>1</sup>/<sub>4</sub> cup tomato sauce provides <sup>1</sup>/<sub>4</sub> cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned tomato sauce in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned tomato sauce covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Tomato sauce is ready to use. Preparation depends on final use and may be part of recipe instructions.</li> </ul>



### Nutrition Information

#### Tomato sauce

	<sup>1</sup> / <sub>4</sub> cup (61 g)	<sup>1</sup> / <sub>2</sub> cup (122 g)
Calories	20	40
Protein	0 g	0 g
Carbohydrate	5.0 g	10.0 g
Dietary Fiber	1.0 g	2.0 g
Sugars	3.0 g	6.0 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.72 mg	1.44 mg
Calcium	0 mg	0 mg
Sodium	70 mg	140 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	500 IU	1000 IU
Vitamin A	N/A	N/A
Vitamin C	2.4 mg	4.8 mg
Vitamin E	N/A	N/A

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<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use tomato sauce as an ingredient in sauces, stews, casseroles, pizza, and soups. May also be used as a topping for cooked pasta, or as an ingredient in other Italian style dishes. Serve warm as a dipping sauce for breadsticks.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple.</li> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>